



The City of San Diego Park and Recreation Department

“To Provide Healthy, Sustainable and Enriching Environments For All”

Tierrasanta Recreation Center

11220 Clairemont Mesa Blvd.

San Diego, CA 92124

(858) 573-1393

www.sandiego.gov/park-and-recreation/centers/tierrasanta.shtml

Spring 2016



Hours of Operation

| | |
|------------------|-------------------------|
| Monday | 12:00pm - 9:00pm |
| Tuesday | 10:00am - 9:00pm |
| Wednesday | 12:00pm - 9:00pm |
| Thursday | 10:00am - 9:00pm |
| Friday | 2:00pm - 9:00pm |
| Saturday | 9:00am - 4:00pm |
| Sunday | 10:00am - 4:00pm |

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT CONTACT THE DISTRICT MANAGER (619) 235-1155 OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

REGISTRATION

Payment Policies

- ♦ Effective September 8, 2015, service fees will apply as follows for all transactions. For online registration, \$2 transaction fee and 3% Processing fee will be charged for every transaction. For in-house registrations, \$2 transaction fee will be charged for every transaction. Rates are established by the service provider and are nonrefundable.
- ♦ Children under 18 must be registered by a parent/legal guardian.
- ♦ Exact cash, check and *credit cards* accepted.
- ♦ \$25.00 fee for all returned checks.
- ♦ Class fees are not prorated after class begins.
- ♦ Resident - Resides in the City of San Diego. Property taxes are paid to the City of San Diego.
- ♦ Non-resident - Resides outside of the City of San Diego.

Refund Policies

- ♦ Refund request must be submitted prior to 2nd class meeting. Sorry, no exceptions.
- ♦ A \$10.00 service fee will be charged per registrant for each refund request. An additional transaction fee will be applied to refunds of credit card payments.
- ♦ Due to the nature of their business, class instructors rely on registration numbers in order to plan safe and well supervised classes. Unfortunately, if you or your child is unhappy or does not participate after the refund deadline, we are unable to process a refund or transfer.
- ♦ If your child has a medical emergency (not a regular or routine illness) and cannot participate in class, please contact staff as soon as possible.

Requirements for Independent Contractors

All contractors, sub-contractors and volunteers must be fingerprinted through the City of San Diego Live scan process. Contractors must submit a business license and proof of insurance. City staff handles all registration for the program. Participants will **Register Online at www.SDRecConnect.com**. Contractors must provide Worker's Comp coverage for all employees.

Permit Holder Requirements

Must provide proof of insurance. Must provide own advertisement for program. Registration handled by the permit holder. Note: Permit holder is not required to submit proof of fingerprinting for their coaches, volunteers, and/or instructors. All Permit Holders are identified with a # in this program. Appointments strongly suggested for permits.

TIERRASANTA RECREATION COUNCIL

The Tierrasanta Recreation Center is a public facility, operated by the City of San Diego and the Tierrasanta Recreation Council. The council meets the 2nd Thursday of each month (except August and December) at 6:30pm.

Recreation Center Closures

| | |
|------------------|-------------|
| Cesar Chavez Day | March 31 |
| Memorial Day | May 30 |
| Independence Day | July 4 |
| Labor Day | September 5 |

On-site Registration Hours

| | |
|-----------|-----------------|
| Monday | 4:00pm - 7:00pm |
| Tuesday | 3:00pm - 6:00pm |
| Wednesday | 2:00pm - 5:00pm |
| Thursday | 1:00pm - 4:00pm |

SUPERSTAR GYMNASTICS



Kid's feel like champions in Superstar Gymnastics! Boys & girls welcome. Enthusiastic and experienced staff will provide a 6:1 or less student to teacher ratio.

Tuesday

April 19 - May 24

\$106.00 for Six (6) weeks

Instructor Katie P: (619) 804-6677 www.superstargymnastics.com



DIAPER DARE DEVILS

Children will explore movement and play with the participation of caretakers. Taught by experienced instructors, group activities will include parachute play, lummi sticks, sing-alongs and more!

Ages: 1.5 - 3 years
3:00pm - 3:45pm

L'I'L STARS

Gymnastic skills are taught as students improve strength, motor skills and flexibility. Fun with parachute games, lummi sticks & exciting themes!

Ages: 3 - 5 years
3:50pm - 4:35pm

SHOOTING STARS

A high energy gymnastics circuit of instruction that promotes fun and learning. Develops skill levels, strength and flexibility.

Ages: 6 - 10 years
4:40 pm - 5:25pm

Register Online at www.SDRecConnect.com

YOUTH



Saturday

March 5 - April 9 \$101.00

April 16 - June 4 \$134.00

March 5 - June 4 \$212.00

Tiny Movers

Tap/Ballet

3 - 4 years

10:15am - 11:10am

A tap and ballet class combined with dance games. Children learn basic dance and motor skills, musicality and rhythm in creative ways.

Star Shiners

Tap/Ballet

4.5 - 6 years

11:15am - 12:10pm

A combination ballet and tap class that will keep your child moving while developing listening, coordination and dance skills.

For more information visit: www.dancetoevolve.com

or Email: info@dancetoevolve.com

or Phone: (858) 876-LEAP (5327)

Register Online at www.SDRecConnect.com

FINE ART CLASSES for KIDS

Thursday

March 10 - April 28

\$90.00 for Eight (8) weeks

Supplies Included!!!

FINE ART FOR KIDS

3:30pm (5 - 8 years)

FINE ART FOR OLDER KIDS

4:30pm (9 - 12 years)

Learn to draw and paint the way famous artists do! Make Andy Warhol bugs and Georgia O'keefe flowers. Project: Matisse cut paper art

For more information call Instructor June Rubin at (858) 229-4571



Register Online at www.SDRecConnect.com

America's Youth Outreach Program

Low Cost Youth SELF-DEFENSE Karate & Safety Awareness Program

Friday

March 4 - May 27

Ages 5 years and up

5:00pm - 8:00pm

(New Students 5:00pm)

For more information visit: www.ayop.org

Phone: (619) 282-3066



Tierrasanta Youth Basketball

K - 8th Grade

All Skill Levels Welcome!!

\$100.00

\$115 after June 17

(Includes uniform and award)

(Discounts available for 3 or more siblings)



Registration: May 1 - June 17

Season: July 11 - August 26

Divisions

K - 2nd Grade: Coed (Mighty Mites)

Boys: 3/4th, 5/6th, 7/8th

Girls: 3/4th, 5/6th, 7/8th

*Mandatory assessments for 3rd - 8th graders only

For more information call (858) 231-2225

or register online at

www.TierrasantaHoops.com



KIDS NIGHT OUT

Friday

April 22

5:00pm - 9:00pm

Ages 6 - 12 years



- ◆ Games and Relays
- ◆ Movies/Snacks
- ◆ Arts and Crafts

- ◆ Pizza/Hot Dogs
- ◆ Karaoke/Skits

Register Online at www.SDRecConnect.com

CAMPS

Johnny B's Inc Daycamp

Serving San Diego families for over 35 years!

Afterschool Daycamp

(After school until 6:15 pm)
\$85 per week

Vacation Camp

(7:00 am - 6:15 pm)
\$160 per week

Ask about our New Primary Program
Second location opening in September 2016!

No Registration
or Membership
Fees! Discounts
for Siblings!



ACA ACCREDITED!

For more Information: Call 619.200.2230 • www.JohnnyBsInc.com

MUSIC



SMALL GROUP GUITAR LESSONS

Wednesday

March 23 - April 20

April 27 - May 25

\$80.00 for Five (5) weeks

Ages 8 years and older

BEGINNING GUITAR

5:30pm - 6:30pm

A five week class introducing the basics of guitar playing.
Basic chords, strums and picking will be the focus.

INTERMEDIATE GUITAR

6:30pm - 7:30pm

A five week class for those who have taken the Beginning Guitar class and want to further their skills and knowledge.

For more information call
Instructor Lesley Alexander at (858) 204-5697



Register Online at www.SDRecConnect.com

SMALL GROUP PIANO LESSONS

March 29 - June 3

\$130.00 for Ten (10) weeks

Ages 5 years and older



Beginner and intermediate levels learn the basics of reading, counting, and playing your favorite piano tunes. Each student receives about 10-15 minutes of individual instruction per class. Potluck recital will be held on the final Friday of the session.

Tuesday

6:15pm - 7:10pm

7:15pm - 8:10pm

Thursday

1:00pm - 1:55pm

2:00pm - 2:55pm

Friday

6:20pm - 7:15pm

7:20pm - 8:15pm

For more
information call
Instructor
Stewart Simon
at (619) 229-9429



Register Online at www.SDRecConnect.com

ADULT

GENTLE YOGA



Monday

March 7 - April 4

April 11 - May 9

May 16 - June 20

6:00pm - 7:15pm

\$35.00 for Five (5) weeks

This is a class for teens, young and older adults. Yoga is for everyone regardless of age, size or gender. Gentle yoga will increase your flexibility, improve your muscle strength and teach you to connect with your body and breath. Come make a commitment to take good care of yourself on Monday nights! Class meets in the Hexagon building. Bring a blanket, mat and/or towel.

For more information call
Instructor Jen Edwards at (858) 243-4238
or Email: ctrgrrrl@aol.com

Register Online at www.SDRecConnect.com

GET FIT

with Lesley Norris



ACE Certified Group Fitness Instructor Lesley Norris has 30 years experience as a Personal Trainer, Health Coach and Advanced Fitness Specialist. Register for one class or sign-up for all three!!

March 7 - May 25

\$79 1x/week

\$129 2x/week

\$167 3x/week

Fitness Yoga

Monday 6:30pm - 7:30pm

A user-friendly, total body workout experience with flowing sequences to create length and strength. Gentle restorative stretches and meditations create harmony and vitality within.

Cardio Dance

Thursday 6:00pm - 7:00pm

Get a great workout with dance routines that have been choreographed specifically to the words and rhythm of the songs, followed by core exercise to trim and tone.

Body Conditioning

Tuesday 6:00pm - 7:00pm

Saturday 9:00am - 10:00am

A great class with a combination of cardio and strength training! Format and equipment change weekly.

For more information call Lesley at (858) 472-6211
or Email: lesleyn@att.net

Visit: www.rightsizefitness.net and facebook.com/rightsizefitness

Register Online at www.SDRecConnect.com

NEW ERA BASKETBALL LEAGUE



Monday & Thursday

League starts March 21

10 Week Season
Single Elimination Playoffs

B & C Divisions Monday
C & D Divisions Thursday

League Fees
\$250 per team + \$36 per game

To For more information
call Bailey Lee (858) 254-0111 or
Email: sdboassociation@gmail.com



SENIOR WORKOUT

Monday and Wednesday

March 2 - May 30

1:00pm - 3:00pm



Join Instructor Nikki Salmon for this fun and challenging workout class for seniors. Seated and standing exercises that work all major muscles and joints are specifically selected to enhance independent living skills and aimed to ease performing activities of daily living.



For registration and information
call Nikki at (619) 388-1800
or visit: www.sdce.edu



SPECIAL EVENTS



Bring a Basket!

SPRING EGG HUNT

SATURDAY, MARCH 26

@ KUMEYAAY ELEMENTARY SCHOOL

9:30am - 12:30pm

\$3.00 per child (Under 2 Years Free)

Games, Bunny, Arts and Crafts, Giant Slide, Jumpers, Clowns, Face Painting and Egg Hunt!!



NEIGHBORHOOD PARKS

Villa Norte: 6599 Antigua Boulevard, San Diego, 92124

Villa Monserate: 10283 Perez Court, San Diego, 92124

Roadrunner: 4734 La Cuenta Drive, San Diego, 92124

All City of San Diego parks and beaches are smoke free.



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| Tierrasanta Community Pool | www.sandiego.gov/park-and-recreation/centers/aquatics/tierrasanta.shtml | (858) 636-4837 |
| American Youth Soccer Organization | www.ayso152.org | |
| Tierra Canyon Girls Softball | www.tierrasantasoftball.org | |
| Tierrasanta Community Council | www.tierrasanta.cc.org | |
| Tierrasanta Foundation | www.tierrasantafoundation.org | |
| Tierrasanta Tennis Club | www.tierrasantatennisclub.net ; audall@Tierrasantatennisclub.net | (858) 278-3009 |
| Tierrasanta Cougars Pop Warner Football | www.info@tierrasantacougars.com | |
| Tierrasanta Jr. Women's Club | | (858) 573-2648 |
| Tierrasanta Kiwanis | www.tierrasantakiwanis.org | (858) 268-0044 |
| Tierrasanta Little League | www.TierrasantaLittleLeague.org | |
| Fusion Soccer | www.sdfusionsc.com | |
| Vapor Trails #203 Toastmasters | www.vaportrailstm.com | (858) 565-0337 |

The City of San Diego neither sponsors nor endorses this information, leagues, activities or organizations. Distribution of this material is provided by the City as a community service. Any questions or comments should be directed to the sponsoring agency or instructor.

THERAPEUTIC RECREATION SERVICES

All Activities accommodate people with disabilities. Upon availability, Therapeutic Recreation Services staff will provide additional assistance from recreation staff requiring a three week advance notice. An assessment will be made to determine if a one-on-one aide is needed. Therapeutic Recreation Services is a Citywide Program that provides recreation opportunities for people with disabilities.

More information is available by calling them at (619) 525-8247 or (619) 525-8249TDD.

VOLUNTEERS

There are many volunteer opportunities throughout San Diego's Park and Recreation Department. For volunteer opportunities, please call (619) 533-4017 or visit: www.sandiego.gov/park-and-recreation/general-info/employment/volunteer/index.shtml

DONATIONS

By donating to the Park and Recreation Department you can help to enrich the lives of others by improving the quality of the parks and programs. For more information on how to donate please contact Center Director Michael Mogge at (858) 573-1394.



AED Public Defibrillators are located at all City of San Diego Recreation Centers

